Introduction to Chronic Illness and Dr. Pompa's Journey

Welcome. Welcome to another, edition of Mycotoxins and Chronic Illness. Today, it's my pleasure to be interviewing doctor Daniel Pompa and this is going to be a very interesting time.

Dutch market is a, a really a renowned researcher, educator. He writes wonderful, informative books. And, today we're going to cover a, I think, a lot of his work.

I'm especially interested in his work with, fasting, which some of you might wonder, like how that goes into this issue, but especially cellular detox and really, most importantly, what, he has really focused his work on is understanding the basis of chronic illness, the multiplicity of issues that are involved with it. So, start off with having Dutch tell us a little bit about what got you into this field and what drives you.

I can tell you I didn't choose it. It chose me. I was I was functioning as this healthy guy with a thriving practice, and I was racing bikes at the time.

Arguably the best time of my life. The healthiest time, my life. And then it wasn't, like many people, it's like the bottom fell out. I didn't know what was going on, but, you know, it started simply.

It started with just general fatigue. So I thought I was overtraining, and backed up and realized it's getting worse. All of a sudden it was headaches.

And then weird anxiety. And then I couldn't get to sleep. And then I would wake up knowing I couldn't fall back to sleep, that my gut went. And all of a sudden I was intolerant to foods, which never happened to me.

Then I was irritable, then bizarre things I, you know, to go down at all. I it's just, you know, so many people are familiar with the symptoms. Brain fog.

I mean, I couldn't if I walked down the street, I was riding 300 miles a week at the time on my bike. And here, if I took too long of a walk, I'd be exhausted.

Right. So what happened? What happened? Well, that took me on a journey to figure out what the heck happened and how to get my life back. And it was a journey.

It was a journey. But everything I learned in the journey is now. I'm blessed to teach doctors around the world, really what I call a multi therapeutic approach, you know, to this, what's breaking down?

What's wrong and this is what we do to fix it. Well, that is I mean, you know, I find that, you know, the people who've made this journey are the ones who really, just have insights that really help us dig her way out.

So, you know, when you, when you look, when you look back, you know, what do you think were the hidden sources that really got you ill in the first place?

And what are the ones that you think most people should pay attention to? Because what I want to emphasize for our listeners is that if you don't, I think I've said this before, these series so you don't wind up with a mycotoxins illness because you get exposed to mycotoxins.

Okay. We we are exposed to mycotoxins every day. It is your your immune system shifts. Something has happened to your body. And that's what we're talking about today is what has shifted in there and how to change that back.

So, yeah. Yeah. You know, I talked about it as a perfect storm. And if you remember, the movie George Clooney, right? The 80s, the perfect storm, I guess a dates that several other people are scratching their heads.

Yeah, yeah, yeah. Perfect. Like, it was a great movie, actually. Very nice. Yeah. I can't believe it. I can't believe it's that. Oh, I know, right. It was in the 80s. Late 80s, I guess.

I say okay. Yeah. All right.

The Perfect Storm: Mercury, Mold, and Hidden Infections

Anyways, we're digress digressing here, but so the movie did a good job of explaining that, you know, every 100 years or so you get three literally storms that come together and meet.

But because of that, you have a catastrophic storm where thousands die and it's just, you know, wrecks everything in its path. Well, that's what's happening.

That's what happened to me. But when people lose their lives unexplainable, it's a perfect storm. Three stressors come together physical, chemical, emotional, two chemical.

Whatever. Combination really doesn't matter. But you get three stressors and bam, your weakest genes get triggered. Trust me, they do. And all of a sudden the bottom falls out.

And, you know, do use myself as an example. And to answer your question, you know, I think there's three big ones causative factors, stressors that are so nasty that people either miss them or they glaze over them.

They don't detox correctly. They don't maybe even address it correctly, even if you know they find it. So we'll discuss all three. And really, at different times I had to peel back the stressors.

And once we do get to the cores, empty the stress bucket as I call call it, then our body can heal. And you made a great point. So it's everyone wants it to be about the one thing.

Oh the more exposure you know, this exposure that exposure you know it's not so simple. It really isn't. But you know, in my case, I had a silver filling drilled out.

I probably still had maybe eight in my mouth. Who knows. But I don't remember exact number. But as it turned out, it took me four years to figure this out.

But when I had it out three, you know, days later is when the fatigue started. I just didn't know, right? I never called it. I thought it was over three.

I said, you know, but the point was, is that was overflowed my stress bucket right now. I could say, oh, you know, why doesn't that happen to everybody, you know?

But that was my catalyst, the straw that broke the camel's back. Whatever you want to say, you know. No, no doubt I had been accumulating mercury in my brain for years.

I wore contact lenses in the 70s, 80s and early 90s, and the number one adult source was the saline solution. It hadn't thimerosal. We were putting it right in our brain.

So, yes, the fillings, the saline solution. I didn't get flu shots or vaccinations. You know, as people are today, which that would have been another potential problem.

And yes, there was a time where I was eating tons of fish. I did it all. Okay. So mercury was part of my storm, you know? And yes, it was the thing that started, but I was also living in an old home at the time, which I realized had mold.

Right. But to your point, I could have lived there maybe another ten years and been full time until I had this neurotoxic insult and I was riding 300 miles a week, stressing physically my body.

There was my perfect storm right there. I'm working godly, ungodly hours, you know, so the bottom fell out. Ultimately, you know, what did I have to do?

I had to address these, you know, things correctly. There's one more missing piece to it. Right? So I said more typically it's missed it. It's definitely detoxing correctly.

Heavy metals I would say most people Dalton I might have heavy metals. But the big pitfall here is it's typically detoxed incorrectly. They usually there use weak binders or strong IV binders which are real binders or key lighters, but they're used incorrectly.

And like I said, it can make people worse. So the third one is hidden infections. Later I discovered I had some wisdom teeth out and infection build up in my jaw, and it was just crushing my immune system, you know, again, part of the perfect storm, you know?

And I think these three things people miss or they don't handle correctly. So there's a long answer. Very simple. No, that was actually an excellent, an excellent answer because I think it it just brings up the other point that I always want to emphasize to people is that medicine is set up to find a cause, the very to be linear.

I always had the bullet idea, you know, we're really good at fixing that, and we want everything to fit that model. And but if you're listening to this program, your illness doesn't fit that model, okay?

It fits this multi multi hit I mean and and and you can you can often recover partially recover from one of those hits along the way but not fully. And that's what you know.

And that's why it's so so talk more about that about how important it is to make sure that you've gone back and really cleaned up the bodies. I mean, I think, you know, you said a great thing there, right?

So people go, okay, they moved out of the moldy home. Right? And, you know, look, I, you know, I'm better, but I'm not better, or it's not lasting. And now I have this, and they just keep going on.

Right? Because number one, they probably didn't really get these accumulated bio toxins out of the brain, which is where it really matters. And then they didn't deal with the other problem.

So I always say that that cavitation, which is an infection and the job we might have had a, you know, tooth pulled or maybe it's a root canal. That may not be why you got sick, but what I have found dealing with people just like myself in the last 20 years is that unless you deal with that now, you won't get fully well.

And you know that becomes an issue. Now. You might have had metal, building up, whether it be lead, Mercury, who knows what building up in you for years.

But now all of a sudden, if you don't deal with that load that neurotoxic, well, now you don't get fully well. So once you become sensitized to one neurotoxin, you become overly sensitized.

All of them. So we have to, you know, deal with them, correctly. And what you know what I've become more, you know, popular for was my cellular detox even before I became popular for fasting.

And we are going to talk about fasting, I promise. But the cellular detox, really, I mean, in a nutshell, real detox has to happen with the cell. And that's the mistake most people make, right?

They've done colon cleanses, they've done saunas, they've done, the ten day cleanse, I mean, poopers, as I call them. Right? You know, the 21 big questions I got somewhere other doctor gave me makes them poop a lot, right?

I'm not against any of those things, I really not. The point, though, is, is none of those things got me. Well. Well, the real problem was, is my cells were toxic and I had to upregulate what the cells should be doing every day that was broken because of my neurotoxic stress bucket overflowing, you know.

But the point is, is so what I teach is how to up regulate. And I have what I call my five hours is a roadmap of how you upregulate cell function to really detox at the cellular level.

And if you can fix the cell, you will get well. First you have to find your sources.

Cellular Detox and the Five R's

So just just a quick outline of your five hours dance back, because I have a lot more questions about your detox, but just a quick outline for the audience about the five obvious, you know, I mean, are one is remove the source.

Right. You know, so, I mean, meaning, if you're in a moldy home, get out, right? Or, you know, right, at least maybe do it correctly. You know, so you want to you want to remove the sources?

Our number two is regenerating the cell membranes and you have an outer membrane to yourself. You have inner membranes. And those membranes, as it turns out, are the most vital, really, function of the cell.

I mean, nothing passes in the cell or out without a good functioning membrane. It's called cellular fluidity. And, you can't detox a cell without a protein, these membranes correctly, you can't have normal cell energy.

You can't turn bad genes off unless you approach the cell membranes and fix them. It is critical. I teach classes on it, so don't ask the question what's one thing I can do right?

But I mean, just in a nutshell, no, I mean, it's really it is about specific fats, and, you know, proteins and peptides. But the point is, is you have to address, okay, our three up to get through it is you have to you have to deal with the cell energy problem.

Right. So, you know, it's vital again, if we talk about detoxing the cell, how possibly can we detox the cell if we don't have enough cell gasoline? Right.

The mitochondria is, you know, disrupted, right. So we absolutely need to, you know, consider every way, you know, that we need to restore cellular energy.

And that's our theory and reduce the cellular inflammation. And a lot of my fasting strategies and dietary strategies is really how I do. I address our three and our four.

And it's very, very important to downregulated inflammation. And lastly is our five is reestablishing methylation. Methylation parallels Bluetooth ion.

And it's you know when the cell becomes more and more toxic methylation tags. And now bad genes get turned on. You can't detox normally without it, you know.

So anyways, you know, that's just kind of a roadmap of, you know, it's it's a beautiful roadmap. And, you know, I just want you, you know, is it fits, you know, like it's interesting, how the pathway goes because like, you know, in one of the things that I'm very interested in is, is this so danger response, which we talk about a lot of and that is, is that it's the mitochondria sensing the danger with that turns down their energy production.

It increases inflammation. You know it's like reaction. And so the way you're describing and it also tightens up the cell membranes and makes them a little more, less fluid.

And so you're just doing a beautiful job of going, okay, these are the areas that need to be addressed. I mean, now I just love the way you laid that out.

So when you when you deal with, like, the cellular inflammation, where are you starting any particular areas or, yeah. I mean, again, I think we all, start from the same area because, look, it's not like we can control right away the toxins.

Right? We can control. We can't do certain things right away. So therefore let's control. We can control. And that's one of the big drivers of cellular inflammation.

That's diet. Right. So getting fat oils that most people have in their diet that they don't think about I mean everyone's worried about gluten, but they're not so worried about vegetable oil, canola oil in these rancid oils that make their way right into your membrane and cause dysfunction for about three months.

So we have to fix that, okay. We have to change your oil. Good oil change. But, you know, and I think, you know, getting there's multiple different diets.

And one of my things that I talk about in my book is diet variation. I'm a believer in purposely changing diets. So I see where they are. And oftentimes it's just like, hey, let's just remove grains and sugar right now just to, you know, decrease.

Yeah, you know, the inflammation. And then, you know, maybe we can just clean up their diet even more basic. But regardless of that, the diet is an evolution.

I don't I don't hang my hat in paleo vegan vegetarian keto. I talk about all those diets and I utilize all those dive and utilize carnivore diet. But it's the variation in changing the diet that actually Christopher Medic stress on the body, which creates a hormone optimization, creates a more diverse gut.

So the thing that people are missing is the change in the diet happens to be the magic, not the diet. Everyone's arguing about which diet, but we look at ancient cultures.

They changed diet, they were forced to change diet. And the more I researched it, the more I realized the diet changes the magic, not the diet. Yeah. That's beautiful.

That is just really I mean, that that is the my experience because I have patients who've done every diet in the book and that's they make those when, you know, once they clean it up.

I mean, you got to do like your first step. You got to clean it up, clean it up. Once you do that. I've often wondered why we would see that. Look, you know, this change.

So a month, two months, there's like, wow, this magic happened. Yeah. And then it, and then they go to another one and that's, you know, it doesn't mean that you're right.

You know why? Why these diet people pick on each other, right? It's because, you know, if you stay on any diet long, it will always cause problems. Right?

So yes, you can vegetarian diet long if it's gonna cause you problems one way or the other. If you're on a keto diet long, it creates different problems.

It just does. Right? It's like, yeah, you know, it's like, I mean, I can take on every diet long term. But when man, when you first change that diet, that's your diet, by the way.

That's why people stay on because it helps that big right. So that's why they're like, oh this is my diet because it help them. But they don't realize now a year later they have their symptom out because of the diet that helped them. When they changed it originally.

No, no. Right there. I think I just want to emphasize that, you know, I always hope that people hear the important information because I think that is golden.

You know, because I, you know, my old I remember, you know, back when macrobiotic diets were the big things and I said they were great for three months.

Yeah, but you got sick if you kept on. It's true, you know, and, but but you're, you're kind of like bringing me to that next level of realization that, it's the changer.

It's allowing. So, so tell me more. So I need to I don't like because it's is it, it's effect on the microbiome is it's, you know, just the stimulus stimulation.

Diet Variation, Microbiome Stress, and Feast-Famine Cycling

It's all of it. You. But we'll start with what you said, because it's true. The microbiome. You know, here we have, you know, a new understanding of the microbiome, and everyone's talking about it.

Right. But what are the people doing to really change it? They're giving people probiotics. Right. You know, there's there's some business. Right? But, you know, if it were just that easy, we would still be talking about it.

Right? So occasionally it's very limited. And with all the new microbiome testing really that didn't do much either. Okay, great. What do we do with that now?

We thought we're going to be able to tell people what diet to eat or not. Yeah a little sometimes too much information. Yeah. Yeah. But you know what one thing we did gain from it was, healthier.

People seem to have all this great diversity, unhealthy people seem not to. Right. Well, how do we get more diversity that if that matters, for a better immune system and better brain function, well, stress the microbiome.

That's what you do. So, you know, for me this means that if we add a stress to this vital istic human, you know, just the right amount of stress, man, we can really do some amazing, you know, benefit to that or not enough stress won't change.

Too much stress and you end up with a new problem, right? Exercise is a great example if you don't exercise enough or not at all. No benefit. Perfect amount.

You feel it, you're stronger, you're getting better. But then you don't change anything and then all of a sudden it's not working anymore. Or you exercise too much and you have a stress reaction that's not going to be there.

Okay, so if we change diet, what we know is that it can shift and stress the microbiome. It has to change. Think about it. Also. Now you're eating vegetables and you haven't eaten vegetables in a long time okay.

Maybe that's a bad habit. And then all of a sudden you're eating just all this meat and fat, right? And now, oh, I'm not used to that. So the microbiome has to upregulate different bacteria to create different enzymes, to create different, you know, hormones, etc., based on the dietary change.

Yeah. Every time you're switching your diet, you're forcing stressing the bacteria, the microbiome to adapt in your you're exercising your microbiome.

I love right. You love exercise. If you do the same exercise again and again, I promise you, not only you're not improving, you're actually diminished.

Yeah, right. Okay. So what you do is you hire a trainer and they go, oh, we're going to do this today and next week we're doing this next we're going to do high reps.

You're going, oh my gosh. It's he keeps changing it to keep the stress going. So you keep adapting and becoming stronger. No different with the microbiome.

So I have strategies called feast famine cycling. We're weekly. We'll we'll fast a day. We'll feast and will feast then we'll fast. And we have monthly strategies and I have seasonal strategies, you know, of how to even with fasting throw and fast and throw and feast.

And we can add stress or change your diet, you know, different ways seasonally as we were, you know, kind of references might be, yeah, jail might have to change.

But excuse me. The I got so excited about the topic I choke myself. But, the, some of the, monthly changes are hormonally related. And I'll give you an example.

This is something because I coach doctors. We discovered women before their cycle crave carbohydrates. Maybe, just maybe, the innate intelligence is telling us something.

But, see, women would take it. That's when I break my diet. That's what I reach for. This. The chocolate, the whatever it is. Maybe the body knows something.

So we started purposely bringing in high carbs, healthy carbs and very high amounts right before the cycle. And lo and behold, magic happened. And then during the cycle, or maybe after, we either do some type of partial fast or some restriction.

But what we've been modulated is a feast and a famine. And lo and behold, because we now know that you need, carbohydrates to pump up insulin, and insulin is needed for many hormone conversions like Jen, like thyroid hormone.

For thyroid hormone, go from T4 stored to an active form of T3, you need insulin. So therefore so many people are not, understanding that in their low carb too long you need variation.

Feast famine is a way to do it. So yeah. So that's in there as well. Well, you know, I mean I just love that, you know, it's it's living with life, you know, I mean, again, we're it's too many of our diet choices and too many of our, are still based.

Like I said, the problem with medicine is we want a cause, B, and we want to do the same thing with the diet. Realizing this is a process and we don't always understand every detail.

But when we look at what you describe is what people do, and it's always a good idea to look at what what happens in if you don't have a supermarket, you know, if you have to depend on nature to survive, how would you be eating?

And just the beauty of your of your ideas is that it fits right in with that model of like, like mono eating is something that it doesn't happen. No, it's true, you know, and our bodies are genetically designed as fast.

You know, fasting is a stress. We're kind of talking, you know, now that we kind of have one understanding that stress can be good or not good, right.

If we can cleverly, you know, use stress as a form of exercise and we go, oh, we get stronger. Well, if fasting is a stress and it is that, can we use that to obviously fix the microbiome, fix the gut, or just harness innate intelligence during a fast and watch the magic happen?

Because the body heals during times of fasting, animals do it instinctively. If they're injured or sick. They don't eat humans. And we need to be taught sometimes.

Well, I think most of us get the idea enough to eat when we're acutely ill. I mean, we I mean, that's true. If I think about sickness behavior, it's true.

But but we foot. Once you're chronically ill, it's hard to. Yeah, but you adapt. Absolutely. And you know and again,

when you're chronically ill, you have to remember the premise.

So for me, this right. Not if there's no stress. Not good. The right amount of stress. Too much stress. Not good. So that's asking can be too much. So you have to work fasting this new stress in to what your body can adapt to.

Remember, if your body doesn't adapt, a good stress becomes bad, right? So we don't want that. But you know, we're we're clever on how we use fasting strategies.

And you know, five day fast is something that I taught back in the 90s, you know, so I was into fasting before, you know, it was, you know, cool. Right.

And some Natural Hygiene Society guys that, you know, all they did was vegetables. And I'm looking at they look catabolic. And I'm like, I know it's not fasting.

This must be their diet, you know, because two long and one diet. But we did resonate around fasting. And you know, when you look at every religion on the planet, they disagree on everything except for fasting.

Yeah, right. So there must be something here. But, you know, I believe it does harness the innate intelligence. There's such an amazing intelligence that God's put in us that heals.

But, you know, we just have to harness yes, we have to remove the interference. That was the first part of the conversation, but harnessing it is another.

Fasting can do that. When you look at the benefits of a fast know when I look, you could fast for a day and there's some benefits, right? You could fast for 12 hours and there's some benefits.

We call that daily intermittent fasting. But what's missing in the conversation today is the longer fast. And years ago I was doing five day fast. And how do they end up at five days?

Because I realized it took people about three days before they felt good. You know, the first three days were hell because they were typically, you know, their cells were inflamed, not functioning.

Their you know, they couldn't survive on fat, right? They were like, oh my God, I'm going to die. I don't have get glucose. And then day four would come and they'd go, oh, I actually feel really good.

And they're out in their yard, right. So I'd go, okay, if four is a good day, let's go one more day to five. That's honestly how I ended up at a five day fast.

Now there's science around this. That five day fast. There's magic. Because by day four you hit something called max autophagy. And I don't know how much you've spoken about this, but I know we haven't.

So be good to talk a little bit about. Yeah. So autophagy it is a natural way to detox. Autophagy means that your body's so smart and wants to survive.

It would never eat your good cells or tissue. No, it's smarter than that. And intelligence is smart. It's needs energy to survive. So it goes after your bad cells.

They're called senescent cells. Zombie cells. They live too long and they cause mischief. They drive inflammation. They recruit other cells to do nothing as well.

They're like government workers, right? You're paying them energy and they're doing nothing. They're sitting around causing trouble. So that's what they had.

And the older we get, unfortunately, the more of these we get, right. But when you're unhealthy, you have a whole lot. So how do we clean about autophagy and the 2016 Nobel Prize was won by a Japanese gentleman who really

brought this to light.

In a state of fasting, your body eats the bad cells. Is rubbish. The bad DNA for energy. And it takes these senescent old cells out. The point is, though, is that that happens about day four at a very maximum level.

And in my book I talk about how to know when you're max autophagy. But something else happens. Magical day five. You don't just get rid of that bad cell.

You know your body's too smart for that. It stimulates a stem cell to replace it. And when you replace that cell, it's not. Now the zombie senescent cell.

It's a vibrant young cell is ready to work and wants to work. And, you know, if it's an immune cell, it's ready to attack. Unlike the immune senescence cell that doesn't want to do anything.

So now you're replacing bad cells with new cells. That max stem cell rise happens on day five. Wow. So that's how we ended up five decades. Now I do a lot of water fasting, and I have for many years.

Fasting, Autophagy, and Stem Cell Renewal

I teach a lot of partial fasting, which I have for years, which is, you know, maybe you eat like five 600 calories, get protein hundred and 20g. That's in definition of a partial fat.

So you can eat a little bit, and you still get some autophagy. Or you can just do water, which is still my favorite type of fast, because once I'm not eating, I don't want to eat.

But when I'm eating a little bit, I tend to want to keep eating. Okay. Yeah, that is interesting. And just one thing I want to mention is that many patients feel that fasting would be too much and what I have found is that occasionally, yes, because you start to dump and if you really can't detox it, we're going to talk more about that.

But but but don't be sure it doesn't hurt to try a little bit and see how you do, because, yeah, I've had a lot. I've been surprised by how many people it just lets them realize, even though it doesn't cure, if you just do a little bit, but it lets you know how much what you mean that your microbiome and your digestion and you're in it and your liver is contributing to how bad you feel.

You know, like picked. You made a really good point, though. One fast doesn't carry one fast. You might go, oh my gosh. I mean, you know, I just was on the call with someone today.

One fast. Yeah. Took their psoriasis away. Are they carried. No they still have some other things. Right. Okay. It just happened to be, you know, that thing that helped them, you know, with that particular fast, each fast, you have a different level of healing.

In my book, I talk about the importance of the fast. But you also made another good point. You don't just run a marathon right? Who knows that you might finish, but you have a lot of bruises along the way, right? Any results will be great.

So in my book, I talk about there's basically each chapter leads you to what you do before the fast. Right. You know, so it it's really, you know, about leading your operation preparation, you know, and then there's options for people most sick and challenge people that are listening.

You know, you start with, you know, just a partial fast and maybe it's just, you know, a day or two and that's that we're we're eating just lasts for a period of time, you know, and we build on it.

So it is different for everybody. But there's things you can do. A lot of my feast, famine, cycling where we start to just narrow down your eating window in a day and I call it mitochondrial fitness.

So in other words, you think of your mitochondria. That's where you make energy when you're sick. They're not fit at all. Well, how do we get them more fit? We stress them.

Remember, the stress for me is different than stress for you. So I in my book I teach how to add a little bit of stress to the mitochondria to make them stronger.

Or it's called Moto Fiji where you get rid of the bad ones. They don't. Bad cells don't adapt and then the body will get rid of them. So we stress the mitochondria with these families.

So we'll make go periods like half a day without food. See how you do. Right. And then a little less than a little less and maybe a whole day without food.

We're stressing the mitochondria a little bit at a time. Mitochondrial fitness. And see if we do enough of this feast. Famine, cycling. By the time we get to the fast, no problem.

Even for sick people. But that that is so important because I said, you know, one of the things that really turns people off when they have a significant toxin load is if they lose weight with the fast too quickly.

And that's why I want to talk about, they will often be really uncomfortable. And but what are the things I just love? The way you're you're nailing, you know, how important the mitochondria are at modulating what's going on in the body, you know, and just, you know, and remind people that stress, I mean, just the basic things that you that everybody loves herbs.

Well, most of the antioxidant herbs are pro oxidant stressors. And it's your body's response to it over and over again. That's how our basis yeah that's what messes that is it.

And that's is such an important herbs work because they're literally a little toxin. And yeah actually create a little stress. And so just just to remind people because when people hear stress stress testing, oh, you know what?

You're you are what you're talking about is really how to take care of yourself. Yeah. The best way. Yeah. Yeah. You know, I mean, you brought a good point up though.

Like in my book, I have something called the Fasting Trio. Where did this come from? It's three things that I have very sick people take when they fast.

Yeah. It's because. Yeah, yeah, I had a feast for. It's called fasting for a purpose. Right. And there's a reason why it was called fasting for a purpose.

Because of my son. And my wife came up with the name because we fasted him out of a jam. You know, the Bible talks about you. Don't just pray. You fast and pray when you're in some real deep.

You know what? So it's prayer alone. We'll work with this one. We need to fast and pray. And that's where that page came from. Well, the bottom line is, is that in that group, you know, so many people and doing big group fast, you learn a lot.

And when people, you know, dump a lot of toxins, we're like, oh, you know, let's try this because we have a lot of people to try with it. Then, you know, wow, that worked right.

So it's there's a product called bind that I created for my detox. But by taking bind, it stays in the gut. When you're fasting, a lot of the toxins get brought into the liver and bind the bile.

And then that bile, it gets dumped in the gut. You just keep auto intoxicating and oh my gosh, I feel horrible. So bind acts as a catcher's mitt to pull it all the way out of the body, and you don't auto intoxicate.

And then we have another one called Fast Tonic. It's a molecular hydrogen, which reduces a lot of the hydroxy

radicals that get released for toxic people when they fast.

And then another product is psycho detox, which systemically just cleans up for people. But putting the three together when people are fasting can really mitigate a lot of that toxic.

Right. That's excellent. That's that's what I think because people should remember and really try these because it's that's where the, the, the you get bitten by excessive zeal to get on that that fast and then you feel sick.

And I really like the bind because that the I so many people don't understand that your body tries to hold on to bile because it's a very important resource.

And so you reabsorb a lot of it. And if it's if it's the amount of toxins that we are dealing with today is so much greater than the system was designed for, you know, that I think we get into this trouble.

And that's why absolutely, you know, using these things that will bind the toxins that are on the bile and not let the bio be absorbed is really kind of freshening the system, really clean you out.

Glad that you've got something that that helps that because that's a big problem, you know. And so when you when you're working through, you know, you talk about cellular healing, just I want, I want to hear your stories.

Each one of them is like lighting things up for me. So let me hear your story around Cellular Healer. Well, you know, when you look at why people get sick, I'm going to draw something here.

Hopefully my pen can handle it. All right. So I'm going to draw a visual for you because I think a visual is worth learning and it answers your question.

But that, my friends, is a three legged stool. Not very pretty. Is that okay? But think about why people are getting sick. And then you think about how we can get people.

Well. Well, we know that certain genes are getting triggered. So in this leg I'm going to put DNA. Remember I said when I hit my perfect storm of stressors, it triggered a lot of genes.

You may have got a thyroid condition. That gene was triggered. Right. The old dogma was, oh, you just got it because your parents had it. Or one of the right.

Not so simple, right? Yeah. You know, these genes are triggered and turned on, but when you we really understand epigenetics. Number one, what's missing is we can turn these genes off.

And there's strategies that do that. It's magic. However, if you still have the stress there that turned them on, you're not turning them off. And right.

Use me to this leg okay. And we already discussed it. This is these three storms, right. The perfect storm of stress okay. That is the stressors that triggers the gene.

And we have to get rid of those. Right. And that's where the detox comes in at the cellular level. Right. And that's where getting out of your stressful situations all that's important.

The last leg we talked about I'll just write got there because it's a shorter word than microbiome. But we know that the microbiome plays a big role today, especially with toxic people.

So toxins and stress affect the microbiome. The microbiome affects the DNA. So you see every one of these legs are tied into one another right. The stressor, the gene getting triggered, the microbiomes effect on our DNA and our genes.

And then even the toxic stress on our microbiome. Right. A lot of people are trying to fix the gut today. But how do

you fix a gut if you have infection in your mouth floating out every day?

It's impossible, right? Or mercury fillings, you know, that are dropping mercury in your gut every day. That's like a, you know, trying to replace the fish in the river, again and again and again and the micro allergies.

And, you know, in 20 miles upstream, there's a factory dumping mercury. And good luck. Right. It's you have to go. So okay, so this is how people are getting sick, right?

Meaning the three legged stool has an analogy of one legs not there doesn't hold up. So if one of these things isn't addressed it doesn't hold up. So a lot of my cellular work is about turning off genes.

Right. And we talked about the five or so I kind of put that here. The detox. We're using real key layers and binders correctly up regulating cell function.

So it's a very different method of maintenance. Then all of these ancient healing strategies the diet variation, the feast famine, the fasting. That's really how we're fixing the gut.

All of that is what I call a multi therapeutic approach. We're putting it together with all the strategies. If one of them's missing, you're not helping people today right.

So everyone wants it to be about fix the gut. You get well not so simple. Yeah. No I think I think you can see I mean this is you know, what's happened over the last 40 years is this, the simple fixes did work, that, I mean, I most people because when I started doing this work, I mean, yeah, actually even in the mid 80s, it was easy in the sense that, you know, you cleaned up somebody's diet and most of them got better.

You gave them a little thyroid and it just like put things back in. At each decade we're seeing sicker and harder to fix, harder to help people, you know, and, and younger people, I mean, that's what's really, you know, talking about was really inspires me these days is that, oh, we see so many people who are in their teenage years and 20s.

They just there are there are that have illnesses that we just never expect to see in young people. I mean, forgetting about autism. Yeah. No, no, you're right.

I mean, my, my, my kids are, from 25 to, 17 is my youngest, and you know, they say that all of our friends are on. Every one of them are on medications. Yeah.

I mean, they have autoimmune. They have thyroid problems. I did when I, when I was a kid, there was nobody that was taking medications in my classrooms.

Fasting Support, Detox Binders, and Cellular Healing

You know, I every once in a while you had like someone it was on an inhaler and it was like right thing. And they were embarrassed and hid it because, you know, no one else was doing such things. Right.

You know? But today, you're right. I mean, this is this is, an epidemic. It's a pandemic. You know, and now and I don't want to get your your, you know, things shut down here, but think about the jab that people are getting today.

Now, what's this going to do? We're bringing in a micro RNA forcing the DNA to produce a spike protein, which we don't know a lot about. And then our body's producing antibodies to that which we don't even know if those antibodies are going to attack other tissue.

Oh, and past studies they did. You know, my gosh, where are we going to be? Where we're going to be? It's it's a difficult it's a difficult situation, you know, I mean, it really is, you know, when we when we jump with both feet into a, into a solution, that, you know, I said I, I, I've always found, vaccines to be difficult because I've seen where they've worked and I've seen where they hurt.

And I think it's the numbers of vaccine to is my issue with vaccines is the the adjuvants often is the insult. It's it's because we're slapping the immune system.

You know, when you, you know, we're not introducing, a bug, but because we don't want to get people sick, we don't give them the whole bug, so we give them just a little piece.

Yeah, but in all that, we have to give other things to tell the immune system to take notice. This is a big deal because that's without without a big yell, your immune system isn't going to react to everything because we don't want it.

We get in trouble. And so it's I mean, my big frustration, we don't want to go too much into Covid, but my big frustration is that we have so many therapies that can, if not prevent, ameliorate.

People don't have to be dying. I mean, I'm sure some people are going to die if I save everybody, but I could do a lot and we just have it. I mean, my website was shut down, you know, right in the beginning because we wrote about, you know, I know you guys died.

Yeah. Well, I, I stopped doing social media just because I was like, I'm tired of it. I'm, you know, shamed out of I can't speak and I'm done, you know.

So. Yeah. Well, no, but it's difficult because I said, why don't we go to do this? But my problem is, is that both sides, because I'm in the middle. I've got I'm friends with people who are, you know, to the point that it's a hoax to.

And friends with people who like, you know, think the best thing that we've ever done is the vaccine. And, you know, there is reality. Different levels to to both.

And it's just a shame. I mean, it's real. I mean, whether it was. Yeah, right. Whether they let it go, put all that aside and go, oh, it's, it's a problem.

I mean, yeah, because of my philosophy, I, you know, me and my family, we tried to get it right out of the gate, you know, built natural immunity. And we're not in that state.

Yeah, yeah, I do. You know what? I have some people that are a group that, you know. Yeah, you should avoid it. Right? But, we were the opposite. We wanted to get exposed.

Took me three different attempts, by the way, to get it, but I got I got natural immunity, you know? Okay, that's. That was my approach from the beginning.

I get my my philosophy is, you know, there's nothing better than my immune system. Nothing. Right. And I'll, I'll do things the better. You know what God has already done?

Yeah. Yeah. Well, I mean, I think balance in our approach it, you know, and I have seen it I have had many patients, you know, I said who I think the vaccine is the better way because of their.

And I have other patients who are so sick that the vaccine because it may act there are issues, with how it then stimulates your immune system. It overregulate, you know, some people and that's why we see the reactions that we're seeing is, you know, everyone that's, you know, if you choose to take it, you're in a phase three trial.

I mean, you know, so, you know, buddy, including me can tell you that it's safe. Not safe for you. Because the truth is, nobody knows. And that's the truth.

And your doctor should tell you that. Oh, yeah, I just. Yeah. No, I mean, that's totally true. I mean, the first year out, you know, normally that would be the first year would be the phase two trial.

That's right. You know, that, you know, yeah. But anyway, but before we go, so we have, we haven't, we haven't

burnt ourselves too bad on that third rail.

Those people come from New York. That was the third rail was on the subway. That was the power. So you didn't want to touch that one? Yeah, you got it right.

I got it the third rail. I like that, you know, because it is I mean, I don't really know how gently I went into it, I was. Yeah, you know, I know you know what I mean.

We're we're in this middle. And I said, I wish we could have a really good conversation about what we can do. And I just just remind people that there are therapies that, that, that, seem to be working.

Well, if people do get ill. Now, but probably the most important thing is to have a well balanced immune system. And that, you know, brings us back to what you're.

That was my point. Yeah. No, exactly. You know, well, on that note, on that note, you know, one of the early things I did a Facebook Live in it was I forget who wrote the article.

I'll probably think of it a moment. But, he said, look, if you look at the people, even young people who are getting sick from Covid, they all have one thing really in common whether you're 80 or whether you're 35, they have a lot of immuno senescent cells.

Now, what is that? You kind of have a little background here for folks, but you know, what it means is you have immune cells that are living too long.

Remember the zombies that don't want to work. Yeah that's true. So if you're 35 and you have four different reasons, have too many of these immuno senescent cells, then yes, Covid, you know, could really knock you on your butt.

Right? Okay. So then the question begs then, well, what can we do? You know, what can we do to better our immune system? Because we know that if we can decrease these immuno senescent cells, according to the scientists that wrote the article, man, we are going to basically be able to protect ourselves right from these future ones that are coming. Still.

Okay? Well, fasting. It's cheap. I got great news for you. It's free. Right? Because I already went through the science. That's the easiest, cheapest way to get rid of senescent cells.

It's fasting. You know, it's interesting because when I was into fasting in the 90s, the big criticism of fasting was it lowers your immune system and it's not.

Yeah. Right. You know where they came up with that is because when you're in a fasted state, you have this massive drop in white blood cells. Here's what we did.

So we didn't know about autophagy. Yes. You don't realize that the intelligence the body was wiping out immuno senescent cells. These are the bad immune cells.

And that's why it dropped, you know, and then, you know, give it a month, you know, even two weeks. And you have this beautiful back rise with fresh aggressive fighters.

Again. This is the stem cell stimulation creating new immuno cells. Yeah. Yeah. No I was yeah. And this this fits in I mean with with recently new growth as I watch new research over the last years chronic fatigue and as you know, I mean, we're seeing this same thing where, you know, we don't have cause and effect.

But we do see that there is large there are increased levels of senescent immune cells, especially CD8 cells against Epstein-Barr virus. You know, so it's not that the virus is causing disease, but there's a process that's going on in your immune system where it's not because of these excess senescent cells that aren't functioning well,

you're screwing up the communications.

Immune Senescence, COVID, and Practical Fasting Guidance

I mean, because if your body is one big soup of communications, and when you have cells, especially immune cells that aren't listening to the programing to the to the back and forth, you're not going to function well, you know, and and I think, again, it is a we have to keep remembering that we are a very complex communication system.

And if you've got old deaf cells, they're not like me. You can't hear. You're not going to do as well in an emergency. You know, you're going to you're going to take the wrong steps.

And I and I love and so you're right, I mean, fasting. It's funny because so many times I've bumped into fasting, and I have many patients who've gone to fasting clinics and have done well.

But what I'm but what I'm hearing from you, and what really is striking is that the ones who really were chronically ill, they never stayed well. Because again, they did it as a marathon, not as a new way of retraining.

Their systems. Really. Yeah. You know, and really rebuilding it was just okay. So they got a bump. Yeah. But not a real we have to emulate ancient cultures.

You know, our bodies are set up to survive, you know, and if we utilize fasting as a tool, and, you know, you don't use the tool the same all the time, right?

And you can use the tool differently. And there's, you know, even within the fasting toolset there's different tools, right? There's daily intermittent fasting.

There's longer fast there's partial faster. You know, I mean, there's many different types of fasting and utilize my my advice to everyone is educate yourself in this area.

It's a very, very powerful tool. But remember it's a to remember it's a stress. And if you overstress that it's not good, right. But if you don't stress it's not good.

You need the stress. Our bodies are designed for it. Well, tell me more about where people I mean, because I said I, you know, you've really excited me and I'm already planning because I love to eat.

Okay? I'm one of those people who like, you know, when you go when you go anywhere is, where are we having lunch is my first question. Yeah. But, you know, but I have fasted here and there and it and I always into, I do intermittent fasting all the time.

I usually try to go at least 12 to 16 hours without eating for at least most of the days of the week, but still, I haven't been quite ready to like, commit to a five day fast.

So if I want to learn more about that, it's really preparing myself. What are some of the the things that you have, some of the resources that you have?

Yeah, I mean, I you can go to my book. It's not even on Amazon yet. I just kind of released it to my, my, my followers because you're right now it's it needs to go through one more edit.

So I it's a day for your growth. You can get it if you go to beyond fasting book.com. So beyond fasting that's the name of the book beyond fasting. So beyond fasting books you can you can grab a a book there.

Okay. Good. We'll make sure it's in the, in our gift section. You know, because I think this is that would be a real good beginning place. And so you do you, you kind of outline because the thing I'm really interested in is how do I make sure that, I can begin to think about the diet choices in a way.

I mean, like, I, I don't I just like the way you build together fasting and changing diets, but it still sounds like it's a lot of moving parts that that may come easy to you because you've been doing it a long time, but.

So thank you. Chapter three and four of the Diet Variation Strategies weekly. Monthly. You know okay, that's all in there. And you know, chapter one I talk about, you know, getting our cells to become more fat adapted.

Because if you go into a fast fat adapted you're going to hit autophagy much sooner. So but it takes you step by step each chapter by chapter six, you're you're ready, you know.

So there you go I'm ready. Ready for the vision quest okay, I mean, it it's so interesting because I mean that is the essence of the vision quest is actually is, you know, that four days without without eating.

Yeah. No. You know, and again, it becomes so easy. But you need a little mitochondrial fitness first. It walks. Yeah. Well I think that that that. So any any tips.

Just before we, we wrap up any tips to, you know, as far as, I guess if someone has never fasted and they just want you to, like, you know, dip their toes into this, you know, where would they start?

What what what should they think about for that first foray? You know, look, I mean, I think, you know, getting yourself used to, you know, in the state of fasting is is a very important thing, meaning what you already said you do.

Right. Skip a meal. Right. See how you do. Right. I mean, you know, that's a great place to start. Skip breakfast or skip dinner, but you choose, right?

Whatever it is, right through the night. Typically you're gonna just automatically fast 8 or 10 hours because you're sleeping, right. And then you skip a meal and hey, you just did your first fast, right?

You know, and then go maybe a couple days with just eating 500 calories and you know, get in getting 500 calories. But if you ate a lot of the calories from protein, you're going to shut down autophagy.

So if you're a bigger person, you might be able to do 20, 25g of, a day grams of protein and not shut down autophagy. But if you're smaller, it's probably more like 15g of protein.

So that would be a part of us. So do that a couple days. You know, I mean, so dip your toe in the water, see how you know. But that's a great place to start.

Gets the book and it'll teach you more okay. And do you have any you've mentioned you teach doctors. We have a lot of doctors. Listen because we, we have a quite a varied crew.

Do you have courses for doctors? Yeah. Health centers of the future. So if you go to HCF, which stands for Health centers of the future HCF events.com.

You can get information, I do seminars, I'm doing another one in November. I just did one, a month ago. Oh, great. Great great, great. Because it sounds like you I mean, you you put together, a very exciting piece of, of the puzzle for, for chronic illness because, you know, we all have agreed that the gut is the center, but, I've never been happy with the the dance around it.

I've always felt like I kind of lack something. And I think you put a really nice, a really nice light on it. Yeah. The promise of heart misses, right?

That's right. Yes. It's the got that really as well you know. So I want to thank you very much. It's really been a pleasure now thanks for having me. Thank you. Great to have you.